

# You're The One Newsletter

OPTIMISM-A CHARACTER STRENGTH!

Issue 10 Vol 10 October 2015

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## What's New With Karen

Welcome to October. During September, I was very aware and acutely drawn to those with a sunny disposition! I noticed that whenever I spoke to someone who was negative I felt drained of my energy, and the opposite occurred when I spoke to someone who was positive. I like these glass half full personalities. One pastor at a local church when asked if he was the "glass half empty" or "glass half full" type of guy commented "I just appreciate I have a glass". This kind of attitude is infectious. What is so inspiring is that often the people who are displaying optimism outwardly may have something going on in their lives that they could easily complain about, however, they seem to have this character strength to spring back to hope despite their circumstances. So, this month I dedicate this newsletter to sharing more about how we can build a more hopeful and optimistic outlook into our lives by building on this character strength. Here's to reinvigorating our outlooks - watch out - it can be contagious! Love Karen XXX

## Mojo Tip: Lighten Up - Life is Good!

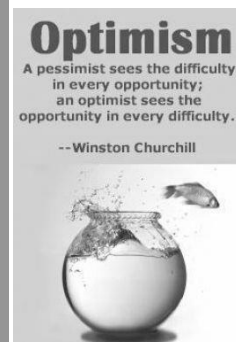


### Australia's Newly Elected Prime Minister, Malcolm Turnbull, 2015

The 10th step on your marvellous Mojo mindset for 2015 is to develop an attitude of optimism and hope. People with Mojo live life with a sense of purpose and faith - living with gratitude, humour, playfulness, an appreciation of beauty & excellence, and with hope, optimism and future mindedness. These Mojo-esque role models make very good leaders. Through their power of focussing on the positive, they manage to inspire and bring others along with them on their journey. Whilst I am not advocating any particular political ideology in this newsletter, a great example of this is Australia's new Prime Minister, Malcolm Turnbull. It is said that a key and important character trait of our new Prime Minister is the natural optimism which he has demonstrated during his almost three decades as a national figure. I recently read that "It reflects the easygoing, sunny disposition Australian's like to present to the world." It is also said that to be successful in his new job, he will need to harness it and instil it in his fellow countrymen and

women. He uses language like "this is a great time to seize the day" and "these are most exciting times to be an Australian." He is a glass half full type of person. And so the mood of the people can be lifted to a more confident and happy outlook. When I studied Malcolm Turnbull, the man, I found a person who endured some hardships growing up, as an only child, and especially when his Mother left when he was 8 years old. He was brought up solely by his Father. He also overcame a lonely time at Boarding School and some bullying. Despite any setbacks, these events, seemed to make him into a more loving and compassionate person. He is deeply devoted to his wife of 37 years and family. He is truly a glowing example of a person, despite difficulty and adversity, who chooses to live with a positive outlook and optimism. To further back up how incredibly powerful optimism is, in a study in the Journal of Social and Clinical Psychology it was evaluated which character strengths are most strongly linked to fulfilment - and it was found that hope/zest/gratitude/curiosity/love are most strongly associated with life satisfaction. Also, interestingly enough, there was no evidence that "too much" of a character strength was ever associated with lower life satisfaction. So, even a little over-exuberance is better than the opposite end of the equation. So, how is your optimism level? Here is something to perhaps consider - to concentrate daily on the actual day you are living and by asking yourself/your loved ones at the end of each day "Have I/you had a good day?" A poem by Philip Larkin comes to mind called "What are Days for?" in which he says: "Days are where we live. They come, they wake us time and time over. They are to be happy in: Where can we live but days?" Here are to more happy days. Love Karen

### **Life Coach Tool: 11 KEYS TO A SUNNIER OUTLOOK!**



#### **An Optimist Sees the Opportunity in Every Difficulty**

It is said that our attitude has a powerful effect on the quality of our lives. A person living from an optimistic outlook will be living a totally different reality to a pessimist. Here are 11 keys to start enjoying both immediate and long term benefits of a more optimistic outlook! Try these 11 - I do and they all work:

#### **11 Keys to A Sunnier Outlook!**

##### **One: Think Gratitude**

Be focussed on your blessings as a grateful mindset exerts a strong influence on your outlook.

##### **Two: Choose Happiness**

Make up your mind & decide daily to be happy not based on your circumstances but purely on your disposition.

### **Three: Substitute Challenges for Problems**

The word challenge sets your mind on the target of finding a solution (and away from the word problem which intimates something has malfunctioned).

### **Four: See Life as A Journey**

Carry around the attitude daily that you are on an amazing adventure of discovery so that you do not buy into the notion of fear of change.

### **Five: Stop And Smell The Roses**

Restore a sense of balance by seeking out time to focus and enjoy life's simple pleasures instead of constant busy-ness.

### **Six: Start Each Day on a Positive Note**

Clear your mind each morning and think positively about the upcoming day and take time to find something you will look forward to or enjoy.

### **Seven: Be Positively Aware**

Make it a habit to actively search for the positive side of everything - turn it into a private game (move your attention away from the negative side of life).

### **Eight: Act Out Happy**

Use words and body language to program your nervous system - even if you have to act as if you are happy - as your mind accepts this as a reality.

### **Nine: Surround Yourself with Happy People**

Seek out the company of those with a sunny disposition which is a powerful force for influencing more of the good.

### **Ten: Do a Gratitude Review Nightly**

Before you go to bed think about 5-10 things you are grateful for and if possible write a gratitude journal.

### **Eleven: Minimise Exposure to Negative Influences**

Stop watching, reading or listening to the news or talk-back radio which highlights the negative so that you can free yourself of the pervasive daily dose of despair.

*Excerpt above is taken from Jonathan Well's Blog "Advanced Life Skills."*

## **Be Inspired Article: 10 Questions with Regina King!**



### **Who is the real Regina?**

My life has been wonderful and very varied from a budding opera singer to the only female performer in an all-male review and now photographer and columnist. My business has been very successful and I have been able to pursue my dream to travel all over the world.

**Which five words best describe you?**

Flashy. Flirty. Feisty. Fussy. Fun-Loving.

**What was your first job and what path have you taken since then?**

Singer with a jazz band. I became a professional photographer and columnist and can honestly say I am loving every minute of every day working for Gold Coast Bulletin.

**What's your proudest achievement?**

Producing my son, Graeme.

**What's been your best decision?**

To go out on my own as a photographer.

**Who inspires you?**

My partner of many years, Peter Flowers.

**What are you passionate about?**

Life in general.

**What's the best lesson you've learnt?**

To love many, trust few and always paddle your own canoe.

**Which person, living or dead, would you most like to meet?**

Too many to list. I am inspired by many people from various walks of life.

**What dream do you still want to fulfil?**

To travel more and more.....

**What are you reading?**

'How to Win Friends and Influence People' by Dale Carnegie for the umpteenth time - Love it.

**Daily Hint: Focus Daily on Hardwiring An Optimistic Mindset!**

Thank you! Your Daily Hint this month is to practice daily the 11 Keys To a Sunnier Outlook above. Notice each day how you can build your confidence and optimism (no matter what is happening behind the scenes). And remember "Act as If" or "Fake It Till You Make It" are ways to truly hardwire in using the neuroplasticity of the brain - to become more positive! Here's to sunny days and sunny ways! The world will be a better place - when you smile at life - life is sure to smile back at you.

*I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I'm delighted to introduce you to my guest interviewee, Regina King. I love Regina's wisdom, enthusiasm, and passionate attitude to life and living! We can all learn something from Regina. Love Karen x*

*"T*

*hose who wish to sing, always find a song."*

*Swedish Proverb*

*Yours sincerely,*

*karen vella*

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**Intro:  
'Regina  
King'**

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**Offer Expires: 31 October 2015**

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